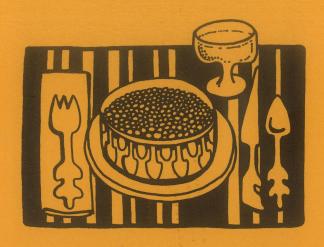


FROM OUR
CRAFTSMEN'S
KITCHENS

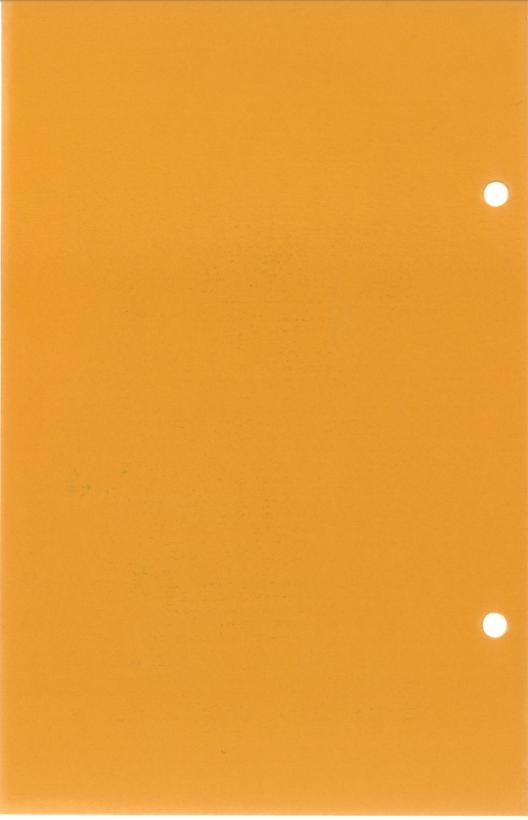
FROM OUR CRAFTSMEN'S KITCHENS



A CULINARY COLLECTION OF CRAFTSMEN'S RECIPES PUBLISHED BY THE ACTIVITIES COMMITTEE

CRAFTS ASSOCIATION

PORTLAND, OREGON 1978



FROM OUR CRAFTSMEN'S KITCHENS 1978

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PINEAPPLE BRAN MUFFINS

COMBINE:

I CUP ALL BRAN CEREAL
YZ CUP MILK
I CUP UNSWEETENED CRUSHED
PINEAPPLE

APD TO ABOVE & MIX WELL:
1/4 CUP SHORTENING
1 EGG

COMBINE & ADD TO ABOVE MIXTURE, STIRRING UNTIL JUST DAMPENED:

1 CUP FLOUR
2 TSP. BAKING POWDER
1/2 TSP. SALT
1/4 TSP. SODA
1/2 CUP PACKED BROWN SUGAR

SPOON BATTER INTO 12 LINED MUFFIN CUPS. BAKE AT 400° FOR 25 TO 30 MINUTES.

THESE MUFFINS ARE GOOD FOR SNACKS AS WELL AS WITH MEALS.

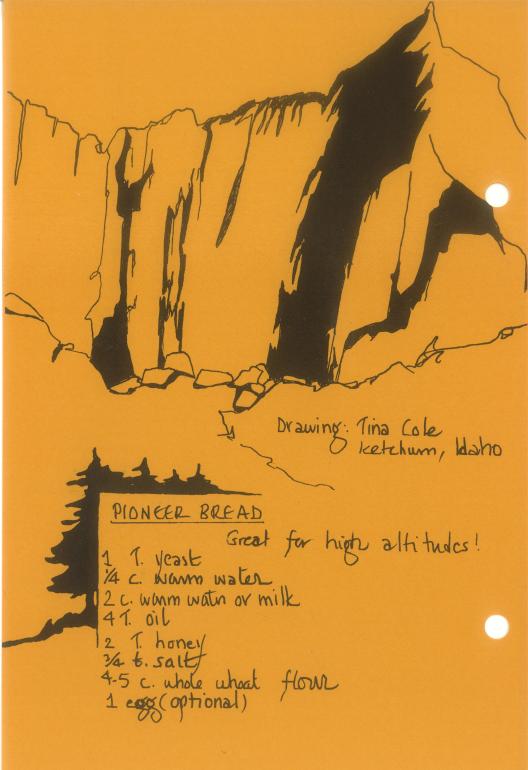
* LINDA APODACA

CRAN-RASPBERRY & SOUR CREAM MOLD

60Z. PKG. RASPBERRY JELLO
13/H CUPS BOILING WATER
1160Z. CAN WHOLE CRANBERRY SAUCE
1200Z. CAN CRUSHED PINEAPPLE
1 CUP SOUR CREAM

DISSOLVE JELLO IN BOILING WATER.
STIR IN CRANBERRY SAUCE UNTIL IT
DISSOLVES, ADD UNDRAINED
PINEAPPLE. CHILL UNTIL PARTIALLY
SET. POUR HALF OF MIXTURE INTO
A 61/2 CUP MOLD OR BOWL. CHILL
UNTIL FIRM. LET REMAINING
MIXTURE STAND AT ROOM TEMPERATURE. STIR SOUR CREAM &
SPREAD EVENLY OVER MIXTURE
IN MOLD. GENTLY SPOON
REMAINING MIXTURE ON TOP OF
SOUR CREAM. CHILL. MAKES
IZ SERVINGS.

* LINDA APODACA



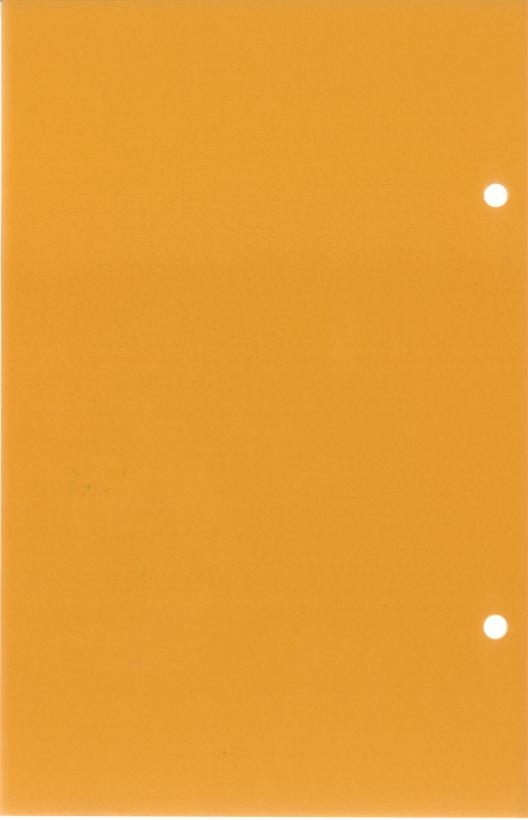


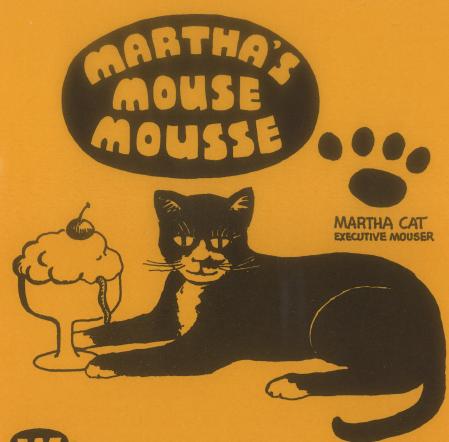
Dissolve yeast in 4 c. warm water, add honey & let sit until foamy while milk (or water) is warming. Mix milk (or water) & 2 c. flour with salt & yeast. Add oil (and 1 egg if desired) & mix well. Continue adding flour, stirring by hand until all is blended. Knead one minute; dough will be very sticky. Let rest 5 minutes.

Grease 2 $7\frac{1}{2} \times 3^{\prime\prime}$ loaf pans, heat oven to 350° & form dough into 2 loaves. (Flouring hands helps.)

Bake 45-50 minutes until loaves sound hollow when tapped.

Hailey Idaho
(Elevation: 5500')





henever a pet human
finally gets around to making a
classy dessert... such as chocolate mousse
... you can move in on the extra portions
and add a simple, but so effective feline
flair to the occasion. Merely plop one mouse
artfully into the mousse, dangling the tail
for special effect. Catnip garnish optional.



SERVE ONLY TO YOUR FELINE FRIENDS TO AVOID NASTY LOOKS AND URPY COMMENTS.

Easy Bouillabaisse - serves 6 In your soup kettle, try until soft: 1/4 Cup olive oil 1/2 Cups sliced on ions 3 mashed garlic cloves Add and simmer 1/2 hour or longer: 31/2 Cups stewed tomatoes (#2 can) 2-6/203. cans a hopped clams & juice 21/2 Cups water 1/2 tsp. thyme 1 Bay leaf 1 Ths. chopped parsley 18 tsp. saffron (delicious but optional) 1 strip orange rind (1" x 5") 1 tsp. sait 1/2 tsp. pepper Meanwhile prepare + refrigerate: 1 lb. (more or less) firm white fish fillets cut in 11/2" cubes 3/4 1b. uncooked shelled shrimp cracked crab, disjointed, body cutin several pieces 2-14 washed steamer clams. 10 minutes before serving, add seafood to tomatoe mixture -continue cooking. Just before serving add 4 c. dry white wine. Serve with French Bread. - grave Cheverton -

Never Fail 100% Whole Wheat Bread

~2 loaves ~

In a large bread bowl disolve:

3 Cups hot (not boiling) water Y3 Cup unsulphured molasses Y2 Cup dry powdered milk

when liquid is lukewarm stir in:

1 envelope yeast

iwith your electric mixer on high speed beat vigerously for several minutes, until

mixture becomes smooth a sticky instead of grainy.

Cover bowl + let rise in a warm place until full of bubbles (about 1 hour) stir in:

2 tsp salt

1/4 Cup salad oil

3 to 4 cups w.w. flour - add enough to make a soft ball of dough.

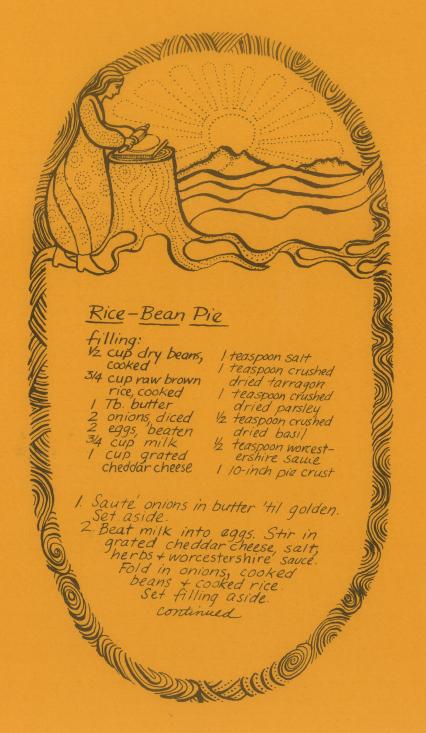
Place on floured board and knead until smooth and springy. Shape into ball, return to oiled bowl.

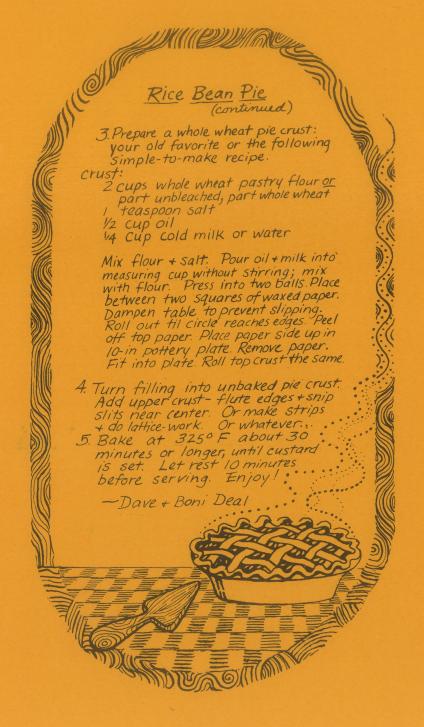
Cover + let rise until dauble in size.

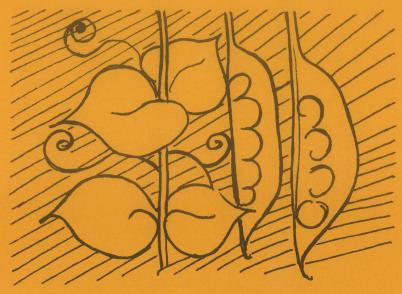
Shape into 2 loaves, place in buttered bread pans, brush tops without, let rise.

Bake 350° for 1 hour.

- Grave Cheverton -







GREEN VEGIES & SUNFLOWER SAUCE

1 lb. Chinese pea pods 1 c. chopped broccoli

1 c. sliced mushrooms

1 c. diced chicken or tofu 4-2 c. sunflower seed butter

4-1/2 c. soy sauce

1 c. water

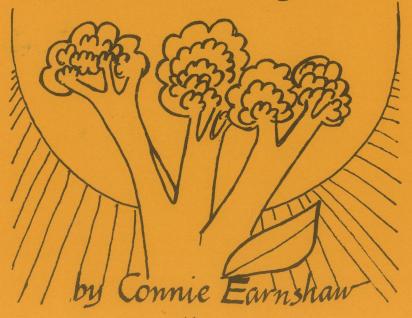
2 tsp. black pepper

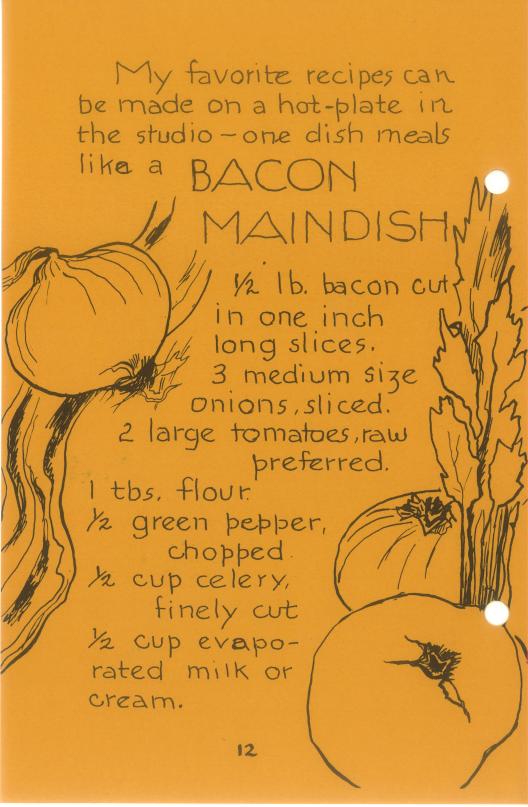
Blend soy sauce, pepper, & sunflower butter in skillet. Stir in broccoli & chicken or tofu. Simmer 4 min. Add pea pods, mushrooms, & more water if nec.

Cover skillet 10 min, then check. Vegies should be crisp, tender, & bright green; &-

sauce thickened.

Serves 2-4. Good with steamed rice or bulgur.





while preparing the vegetables fry the bacon until half done. Pour off the fat

and continue to fry over low heat, adding onions

and pepper.

when all are lightly browned cover with the celery and diced tomatoes. Sprinkle Flour over tomatoes before they become too hot. Stir, then after a few minutes add evaporated milk. Simmer until tomatoes are just tender. Serve with spagnetti or rice. sybil Emerson

Cheese-Olive Balls

1 cup (/4lb.) shredled sharp cheddar cheese 2 tablespoons butter 1/2 cup flour dash of cayenne 35 meduin olives, pitted repe or stuffer



*Cream together cheese and butter in bowl with spoon.

* Knead in flour and cayenne.

* Wrap Teaspoon of dough around each olive. (Cover completely.)

Bake in hot oven (400°) for 15 minutes. Serve hot. delicious hors d'oeuvres!

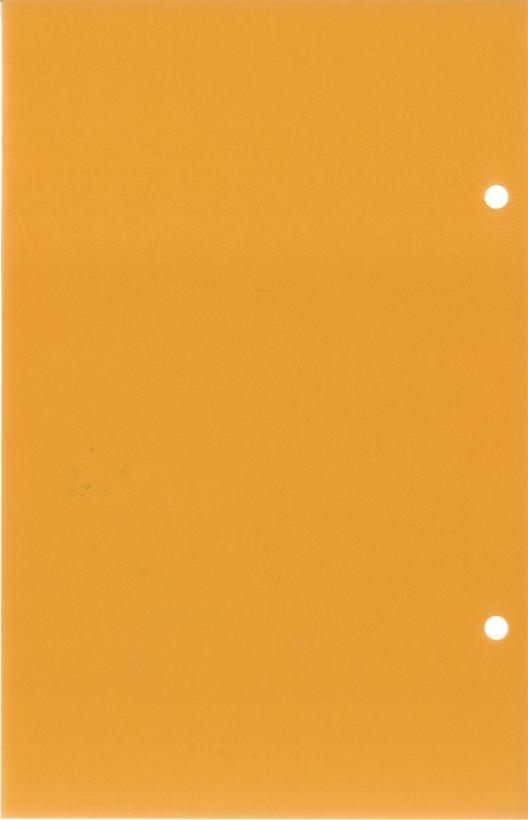
Large K. Grieson

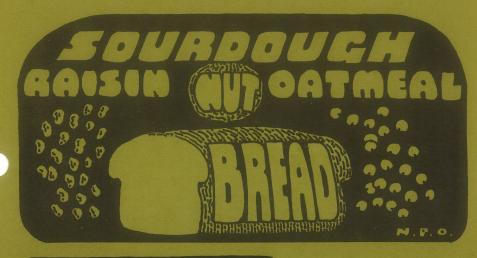
Irish Brown Bread 4 cups wheat flour, sifted 2 cups white flour, sifted 1/2 cup oats (not instant) 1½ tsp. salt 1 1/2 tsp. baking soda 2¹/₃-3 cups buttermilk In large bowl, mix all dry ingredients well. Make a well in center and add enough buttermilk to make a soft dough. Form into ball. On greased sheet, flatten dough to a 11/2" thick círcle. Cut across center, 3/4" deep. Bake 425° 25 min., réduce to 350° 15min. Cool 5 hours.

Frances Wood Galloway - Portland

Kropsma 3 beaten eggs 4 Tbsp flour 1 Tosp sugar 1 cup mílk pinch salt 2 Ibsp. melted butter Beat eggs, add sugar, salt, flour, butter and milk. Pour into buttered 8×13 pan. Bake 20 min. at 375°. After baking, sprinkle with sugar. A breakfast treat.

Frances Wood Galloway-Portland





MIX TOGETHER:

1½ C. MILD SOURDOUGH STARTER 1 C. LUKEWARM MILK

1 C. LUKEWARM MILK 1/4 C. BROWN SUGAR 1/2 C. MOLASSES

3 TABLESPOONS COOKING OIL

3 EGGS

2 TEASPOONS VANILLA

SIFT IN:

2 TEASPOONS SALT 2 1/2 C. ALL PURPOSE FLOUR 1 TEASPOON BAKING SODA



STIR IN:

(GENTLY SO AS NOT TO UNDULY AFFECT THE RISING POWER OF THE BAKING SODA)

4 C. OLD FASHIONED OATS
1'4 C. FINELY CHOPPED WALNUTS
20 oz. RAISINS

GREASE

THREE 4×8" BREAD PANS. BAKE AT 375° FOR 48 MINUTES OR UNTIL DONE.

ENJOY.

Judi Dibbs

Sherry Wine Pot Roast

ingredients:
3-4 lb. pot roast
1½ cup sherry wine
paprika, pepper
garlic salt, water
dry onion soup mix
Worcestershire sauce
3-4 sliced onions

directions:
Sear roast in roasting pan on top of stove using small amount of oil. Add liquids, except water, and add onions. Sprinkle over lightly with dry ingredients, and one

package of soup mix.

Lower heat to a simmer and cook for 2 hours, add small amounts of water if needed. Turn overroast and add one more package of dry soup mix. Cook another hour or until roast flakes apart with a fork. Remove meat and add a can of cream of mushroom soup to the drippings. Bring to a boil and serve as gravy.

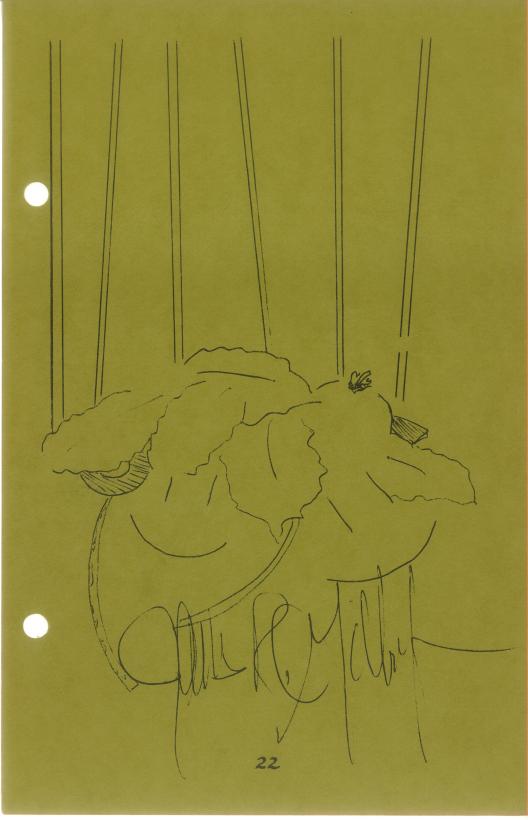
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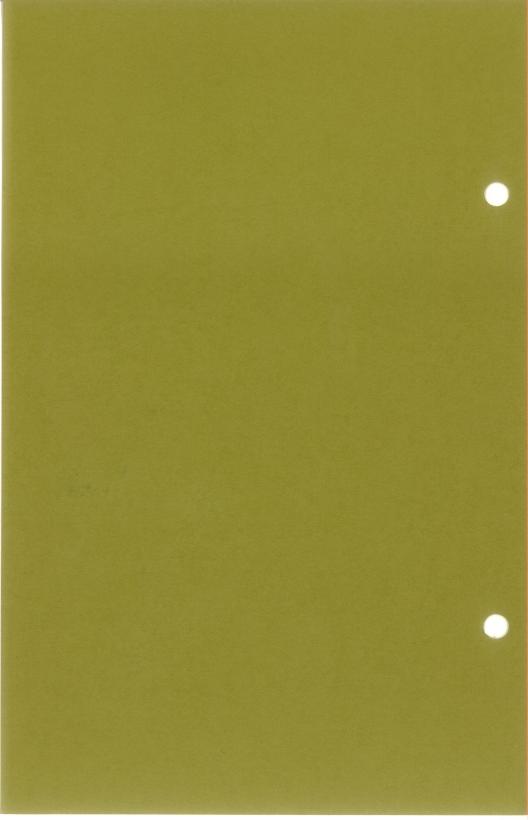
Spinach Salad

ingredients:
2 Ibs. fresh spinach
1 Ib. fresh mushrooms
20 cherry tomatoes
½ cup chopped black olives
Morton-Nature's Seasonings
Bacos-Imitation Bacon Bits
Sweet onion-sliced thin

directions: Wash and dr

Wash and drain all vegetables. Slice tomatoes in half. Slice mushrooms in strips. Mix together. Shake ½ cup salad oil and seasonings until well blended. Pour over ingredients. Add Bacostoss until mixed.







THE FOLLOWING IS ONE OF MY FAVORITE RECIPES. IT IS VERY SIMPLE TO MAKE AND IT TASTES ELEGANT. FILBERTS AND HAZELNUTS ARE THE SAME THING. HAZELNUTS ARE VERY COMMONLY USED IN GERMAN AND AUSTRIAN BAKING. I GREW UP WITH THEM AND WAS DELIGHTED TO MOVE TO THE "FILBERT CAPITAL OF THE U.S."

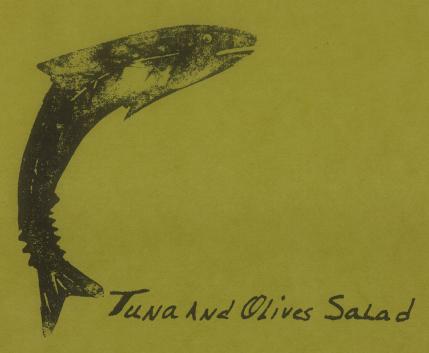
Hannal Goldrick

MY MOTHER'S HAZELNUT TORTE

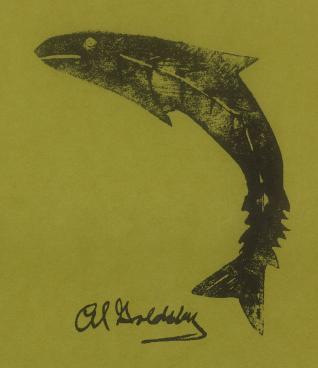
1 34 cups hazelnuts (filberts) shelled 1 cup sifted granulated sugar 6 eggs

GRIND THE HAZELNUTS (A BLENDER WORKS VERY WELL FOR THIS), SEPARATE THE EGGS. BEAT THE YOLKS AND SUGAR UNTIL CREAMY AND LEMON COLORED. BEAT THE WHITES WITH A PINCH OF SALT UNTIL STIFF. FOLD IN, SEVERAL TIMES ALTERNATELY THE HAZELNUTS AND THE EGGWHITES. PUT INTO A GREASED SPRING FORM. BAKE AT 350° FOR 30~40 MINUTES. LET IT COOL AND REMOVE THE OUTER FORM. CUT IN HALF WITH A LONG KNIFE AND ICE.

THE TORTE CAN BE ICED IN MANY WAYS. MY FAVORITE IS WHIPPING CREAM, SOME GOOD COCOA (I HAVE RESORTED TO USING QUICK WHEN I DON'T HAVE ANYTHING ELSE, AND IT SUFFICES) CONFECTIONERY SUGAR, 1 TABLESPOON OF STRONG COFFEE AND SOME RUM TO TASTE. ICE THE MIDDLE AND THEN PUT ALL OVER THE CAKE. GARNISH WITH CHOCOLATE OR GROUND HAZELNUTS. IT IS BETTER TO MAKE A FEW HOURS AHEAD AND CHILL. IT IS DELICIOUS. THE BASIC DOUGH CAN BE MADE INTO BARS OR SMALL CAKES ALSO. 23



2-6/2 02, Cans TUNG FLAKY Ripe Pitted Olives 12- Ex. Large Green Stusged Olives 12- Ex Large capers (Large) G-Tablespoons E935 6 - Hard boiled 2 - Tablespoons ONION (Grated) Tabasco A sew drops SEASON PEPPEY to Taste ParsLey 1-Cup Tomatoes 3- Peeled Lettuce your Choice



Drain Liquid Stom Tuna (Discard)

Stake tuna with Sopk, being coregut Not to break, Add Onions,

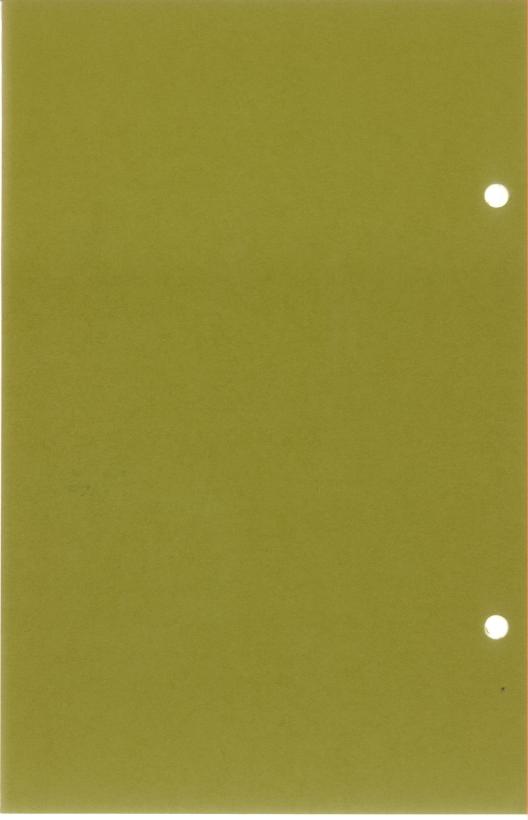
Pepper, tobaco And Capers

Stice Otives And Sour eggsall
about 1/8 thick, add to Tuna

Mix Lightly, Chill well before

Serving.

10 Serve Arrange Lettuce Leaves on a Chilled PLatter, Chop Parsley Sine, Grate eggs Miy Well And Sprinkle over Salad, Carnish with tomator wedges.



Almond Nut Bread

Yeild: 2 loaves

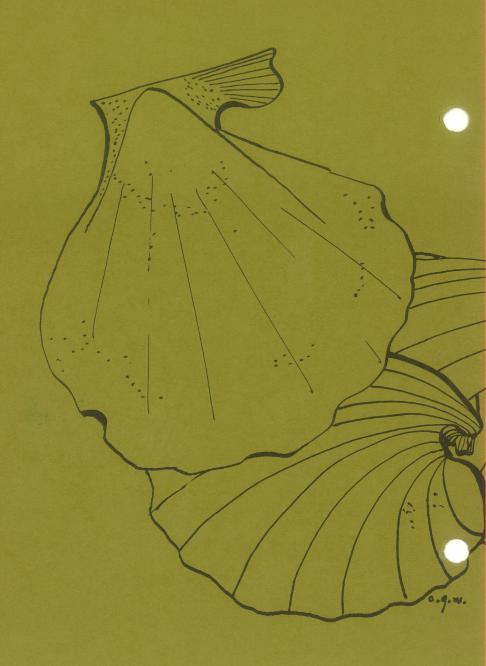
Oven temperatures: 350°

Baking time: about 1 hour

2 pkg. yeast
1 cup warm water
1 cup honey
2 eggs ~ slightly beaten
1 tsp. salt
1/2 cup butter ~ melted
2 tsp grated orange rind
1/2 cup buttermilk
2 cups whole wheat flour
2/1 cups all purpose flour
1/4 cups slivered almonds

Stir yeast into warm water, mix honey, salt, butter, eggs, orange rind and butter-milk. Add dissolved yeast mixture. Mix almonds with a little flour. Add flour and floured almonds to above mixture. Let very soft dough rest for 10 minutes. Then gently knead for jive minutes, using as little flour as possible. Let rise. Shape into loaves. Let rise. Bake.

Sigrid Gould



Baked Scallops

2 lbs scallops

1 cup vinegar l cup diced raw vegetables (celery, onion, spinach)

b cup grated cheese (optional)

3 Tbl butter 5 Tbl flour 1 cup cream 1 cup milk 1-1 cup white wine cayenne pepper, salt, dash of sugar to taste

1. Simmer vegetables in vinegar until liquid is reduced by one third. Keep hot.

2. In separate pan melt butter. stir in flour & milk to make a smooth sauce. Season. To the sauce, gradually add hot vinegar mix, wine & cream. Heat.

In a buttered casserole, place the rinsed, dried, sliced scallops. Cover them with the sauce. Sprinkle with grated cheese, if desired.

Bake, uncovered, in 350° oven for 30 to 40 minutes.

Serves 6.

Sigrid Gould



"Lemon Selight"

10 EGGS 14 C. SUGAR 3 LEMONS 2 T. PLAIN GELATIN 1/2 C. BOILING WATER WHIPPED CREAM

MIX EGG YOLKS WELL WITH SUGAR. DISSOLVE GELATIN IN BOILING WATER AND ADD LEMON JUICE AND GRATED RIND. ADD TO EGG YOLK AND SUGAR MIXTURE. ADD THE STIFFLY BEATEN EGG WHITES & BEAT THE MIXTURE UNTIL IT BEGINS TO SET. POUR INTO A BOWL WHICH HAS BEEN DIPPED IN WATER AND LEAVE UNTIL SET. (BETTER IF PREPARED A DAY IN ADVANCE.) SERVE COVERED WITH WHIPPED CREAM.

RINA & ERIK GRONBORG

rmint Boil for ten minutes: 3 cups distilled water 1½ cups sugar 1 tsp. glycerin Cool then Add: 2 fbsp. peppermint 3/3 cups 100 proof booka (a fifth) a few drops green food coloring makes about 6

"FAT CHICKEN" SERVES 4

4 CHICKEN BREASTS - SPLIT

1/2 TSP SALT

1/4 TSP PEPPER

1 TSP PAPRIKA

1/2 CUP MARGARINE

4 CUPS. SL. MUSHROOMS

2 TBSPS. FLOUR

2/3 CUP CHICKEN BROTH

3 TBSPS SHERRY

1 CAN ARTICHOKE HEARTS

SPRINKLE THE
CHICKEN WITH SALT +
PEPPER + PAPRIKA MIXT.
BROWN IN 4 T. BUTTER
+ ARRANGE IN LARGE
SERVING CASSEROLE
PUT ANOTHER 4 T.



BUTTER IN SAME SKILLET AND SAUTE THE MUSHROOMS FOR ABOUT 5 MINS. SPRINKLE THE FLOUR OUER THEM AND STRIN THE CHICKEN BROTH + THE SHERRY. SIMMER FOR 5 MINS. ARRANGE THE A ETICHOKE HEARTS AMONG THE CHICKEN BREASTS + POUR THE MUSHROOM-SHERRY SAUCE OVER ALL COVER BAKE AT 375° FOR 45 MINS



POTATO SOUP FOR MANY:

1 LB. BACON (DICED) 2 TABLESPOONS BUTTER 3 1/2 LBS. POTATOES (DICED WITH SKINS) 3 CUPS CELERY (DICED) 1/2 CUP PARSLEY (CHOPPED) 1 BAY LEAF 51/2 CUPS ONIONS (CHOPPED) 3 - 13 1/2 OZ. CANS CONSOMMÉ CAYENNE, FRESH PEPPER, SALT 1 QT. HALF & HALF 1 QT. HEAVY CREAM (OR LIGHTER COMBINATION IF DESIRED) CHIVES

SAUTE BACON IN BUTTER UNTIL
BROWN. DRAIN BACON AND DISCARD
MOST OF FAT. SAUTÉ ONIONS AND
POTATOES IN REMAINING FAT A FEW
MINUTES. ADD PARSLEY, BAY LEAF,
PEPPER AND CONSOMMÉ; BRING TO
A BOIL AND SIMMER UNTIL POTATOES
ARE FIRMLY COOKED. REMOVE BAY
LEAF, ADD CREAM OR MILK, ADD
BACON AND BRING ALMOST TO A BOIL.
GARNISH WITH CHIVES AND SERVE.
YIELD-5½ QTS.

Tom Hanly



TAMALE PIE

GREAT FOR A GANG - SERVES 12 OR MORE. SECRET LIES IN COOKING TOGETHER THE TOMATOES AND CORNMEAL, THUS AVOIDING THE GLUCKY LAYERS OF THICK, DRY CORN-MEAL PRESENT IN TOO MANY TAMALE PIES.

SEASONING CAN BE ADJUSTED TO TASTE.
GOOD SERVED WITH A HUGE TOSSED SALAD,
GARLIC BREAD AND FRESH FRUIT DESSERT.

MIX AND COOK TOGETHER IN A HEAVY PAN OVER A MEDIUM-LOW HEAT ABOUT 30-45 MINUTES, STIR OFTEN.

- 1 28 OZ. CAN TOMATOES
- 1 8 OZ. CAN TOMATO SAUCE
- 1 12 OZ. CAN CORN (NOT CREAMED)
- 1 LARGE CAN (6 DRY 02.) PITTED OLIVES, DRAINED.
- 1 CAN CHEDDAR CHEESE SOUP
- 1/4 CUP SALAD OIL
- 1 CUP YELLOW CORNMEAL, DRY
- 1 70Z. CAN GREEN CHILI SALSA ORTEGA

BROWN TOGETHER IN SKILLET THE FOLLOWING. ADD COLLECTED DRIPPINGS TO CORNMEAL MIX.

2 LBS. MEDIUM LEAN GROUND BEEF, CRUMBLED.

1 OR 2 ONIONS CHOPPED

1 OR 2 GARLIC CLOVES CHOPPED

1 FRESH GREEN PEPPER, CHOPPED

1 PACKET TACO SAUCE

SEASON WITH :

1 TSP. OREGANO

1 TSP. SWEET BASIL

2 TSP. CHILI POWDER

SALT & PEPPER TO TASTE

COMBINE THESE 2 MIXTURES, CAN BE MADE AHEAD A DAY OR TWO AND REFRIGERATED.

BEFORE BAKING ADD:

1 CUP MILK

3 WELL BEATEN EGGS

LOTS OF SHARP CHEDDAR CHEESE GRATED ON TOP.

Jean Jack

BAKE IN LARGE FLAT PAN OR CASSEROLE IN 350° OVEN FOR AT LEAST ONE HOUR.

36

Our family loves this salad. Maybe because we use fresh from the garden produce.

Cut the following in thin slices:
Head Savoy Cabbage
Half small head Red Cabbage
Couple leaves of each:

Rhubarb Chard Regular Chard Kale & Collards

Hand full of the following, chopped fine:



Fresh Parsley
French Chives
(much bigger than
regular chives)
Garlic Chives
Alfalfa Sprouts

Toss together.

Mix a home-made Mayonnaise. Mix all the above with the Mayonnaise.

Note: I bring one of my bell pepper plants inside in the fall. It

gives me little peppers all winter. This I slice thin and place on top of the salad.



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Blender Mayonnaise

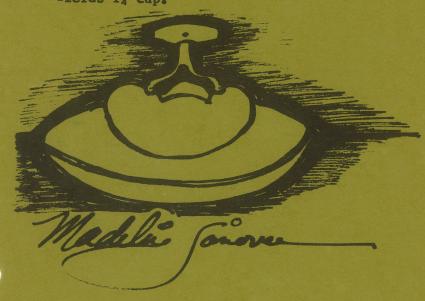


1 egg
3/4 tsp. salt
½ tsp. dry mustard
½ tsp. paprika
2 tbsp. lemon juice or vinegar
1 cup oil

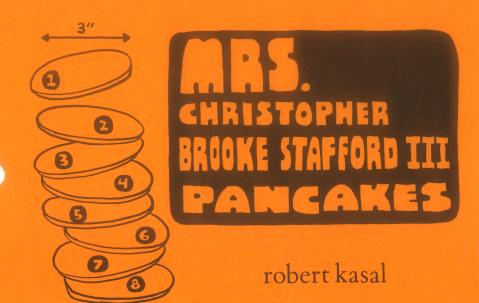
Put egg, seasonings, vinegar or lemon juice and ½ cup of the oil into blender, cover and process at HI speed.

Immediately pour in the remaining oil in a slow steady stream. All the oil should be added in less than 30 seconds.

Yields 1½ cup.







BEAT TOGETHER TWO LARGE EGG YOLKS, ONE CUP OF SMALL CURD COTTAGE CHEESE AND FOUR TABLESPOONS OF ALL-PURPOSE FLOUR. GENTLY FOLD IN TWO STIFFLY BEATEN EGG WHITES.

SPOON BATTER ONTO A GENEROUSLY
BUTTERED HOT GRIDDLE, TURN ONCE TO
BROWN AND REMOVE WHEN STILL SOFT IN
CENTER. MAKES 8 THREE INCH PANCAKES.

SERVE IMMEDIATELY TOPPED WITH HONEY AND FRESH BLUEBERRIES OR STRAW -BERRIES. FOR BREAKFAST SERVE WITH VERY COLD CHAMPAGNE, OR FOR AFTER DINNER WITH A ZIPPY DESSERT WINE.

Extra Sourdough Rye Bread

the care and feeding of your sourdough and you

INGREDIENTS:

The sponge

1 cup sourdough starter

I cup water

2 cups unbleached white flour

The dough

the remaining sponge (see above)

I tablespoon molasses

2 teaspoons salt

12 teaspoons caraway seed

12 cups rye flour

1 2 cups unbleached white flour

DIRECTIONS:

The sponge

The night before, combine I cup sourdough starter with one cup of water and 2 cups unbleached white flour. Cover the bowl with a dampened cloth and set aside to rise overnight in a warm corner of the kitchen that is free from drafts (ideal temperature is 80°). I let my dough rise in the oven heated with a 15 watt light bulb.

The dough

In the morning, remove I cup of sourdough from the sponge to replenish your starter. To the remaining sponge, mix I tablespoon molasses, 2 teaspoons salt and 12 teaspoons caraway seed. Slowly fold in 12 cups rye flour. As the dough begins to come away from the sides of the bowl, turn onto a floured bread board and knead adding as much of

the remaining unbleached white flour as needed until the dough no longer sticks to the board (approximately 10 minutes).

Return the dough to a greased bowl. Cover and let rise until doubled in bulk (about 2 hours). Punch down, remove from bowl, shape into a loaf and let rise a second time in a covered bread pan. When the dough has doubled in size, make 3 diagonal slashes across the top to allow steam to escape during baking.

Set a pan of hot water in the oven bottom for moisture and bake the loaf at 375° for 35 minutes or until loaf sounds hollow when tapped. Remove from pan and cool on a wire rack.

Yield: one deliciously extra sour loaf!



Ann Kendall

CHICKEN & ALMONDS

2. chicken breasts thinly sliced

2. tablespoon salt

2. tablespoons wine

1. tablespoons peanut oil

1. small onion sliced

602. snow peas

1/2, cup chicken stock

402. slivered almonds

Wok



Mis. chicken with salt, wine cornstarch. Place almonds in cold wok and stir over medium heat until almonds begin to toast. Remove, set aside. Heat wok. Add peanut oil and stir in chicken, reserving any marinade. When chicken turns white stir in onions, stir again. Add snow peas, stoot, marinade. Stir until onions are clear and soft. A stip in almonds.

Shuttles

2 c sifted flour

//2c sugar

//2c soft butter

4 egg yolks
2 tops vanilla



Stir all ingredients together until well blended.
Ghill for 2 hrs or more. Divide dough into balls the
size of a walnut, roll
between hands to a shuttle
shape; dip in slightly
beaten egg white then in
sugar. Place on lightly
greased baking sheet and
bake in a 350° oven for
about 8 min. or until light
brown.

Brown Sugar Kisses.

3 egg whiles la c'granulated sugar ly c'firmly packed brown 1/2 c chopped hazelnuts Beat eggwhites until stiff. Add sugars gradually beating constantly. Add vasugar grains are dissolved Fold in nuls. Drop from of isp. onto cookie sheet covered with unglased 250° for 20 min. or until

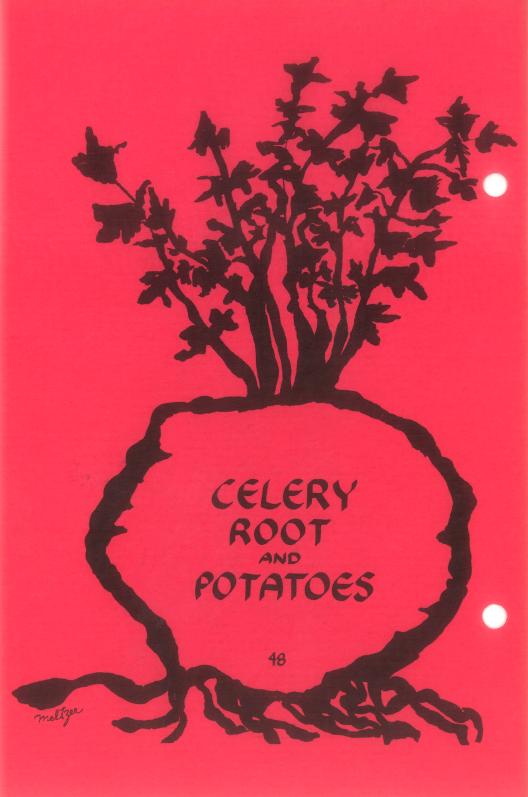
Görel Kinersly

Whole grain bread

Pour laboilingwater over lawhole or cracked grains, any kind. Let stand 18+ several hours or until soft. add & margarine 2 t salt and 1 c. boiling water Cool until warm. Proof IT dry yeast in 4c. warm water withy choney added. When bubbly, add to grain mixture logether with 1c. dry milk. L'e.wheat germ 2 c.bran and 4-5 c.while flour Stir this dough together adding more Hour it necessary, Cover and let rise until double in bulk. Punch down and let rise again. Turn out on afloured board and knead well. Cut dough in half, shape into Iwo loaves and put into greased bread pans. Let rise until dough is even

with edge of pan or slightly over. Bake for 10 min. in 375° oven.
Lower temperature 10325° and bake for 30 min.
longer, or until done.
Görel Kinersly.





CELERY ROOTAND POTATOES BONNIE MELTZER

I COOK THE WAY I CROCHET -- QUANTITIES AND INGREDIENTS VARY EACH TIME.

- 1. WASH CELERY ROOT WELL.
- 2. BOIL 10 MINUTES. IT MAKES IT EASIER TO CLEAN.
- 3. PEEL AND CUT OFF FINGERS.
- 4. CUT INTO VERY SMALL PIECES.
- 5. PUT INTO POT WITH EQUAL AMOUNT OF RAW POTATOES.
- 6. COVER WITH WATER. COOK UNTIL VERY TENDER (20 MINUTES).
- 7. DRAIN. WHIP WITH BUTTER, MILK, EGG AS IN DUCHESS POTATOES. ADD CELERY SEED, SALT, PEPPER AND LOVAGE.*
- 8. POUR INTO GREASED BAKING DISH.
- 9. GARNISH WITH ANCHOVY.
- 10. BAKE 25 MINUTES AT 375°

*CELERY FLAVORED HERB-GROWS WELL IN OREGON

Mary's Lasagne

1 medium onion, finely chopped

1 clove garlic, minced

2 tablespoons oil

1 pound ground beef

4 ounces (or 1 can) sliced mushrooms

1 8-ounce can tomato sauce

1 6-ounce can tomato paste

2 teaspoons salt

1 teaspoon oregano

2 eggs

1 8-ounce package Ronzoni lasagne noodles, cooked and drained

1 cup creamed cottage cheese

l package frozen chopped spinach, thawed and drained

1/3 cup parmesan cheese 8 slices Tillamook cheese



Cook lasagne noodles according to package directions.



Brown onion and garlic lightly in 1 tablespoon oil. Add beef and cook until brown. Add mushrooms with their liquid, the tomato sauce, tomato paste, 1 teaspoon of the salt, and the oregano. Simmer 15 minutes.

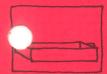


Beat 1 egg slightly. Pour over the cooked noodles. Mix well.

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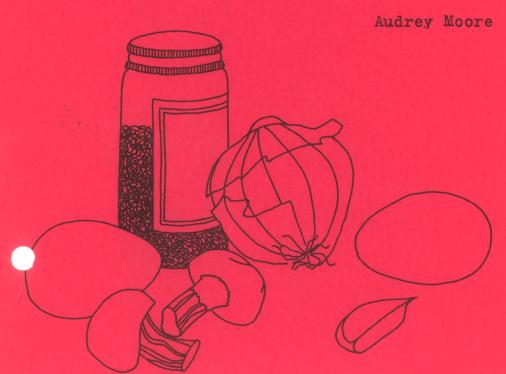


Beat the second egg. Add the spinach, I tablespoon oil, cottage cheese, parmesan cheese, and I teaspoon salt. Mix well.



Pour 1/2 of the tomato-meat mixture into a 2 quart Pyrex baking dish. Then layer 1/2 of the noodle mixture on top. Next, spread on all the spinach mixture. Repeat noodle layer and tomatomeat layer.

Cover with foil. Bake at 350 degrees for 45 minutes. Uncover. Arrange Tillamook cheese slices on top, and bake 5 more minutes. Serves 8.



Browned-Butter Cookies

1 cup butter
3/4 cup sugar
2 tablespoons milk
2 teaspoons vanilla
2 cups sifted flour
1 teaspoon baking powder
1/2 teaspoon salt



Melt butter in medium saucepan over medium heat. Let butter solids get quite brown. This will take 10 - 15 minutes. Cool butter; the saucepan can be set into cold water to speed cooling.



When cool, pour and scrape butter into a large mixing bowl. Gradually add sugar, and beat until fluffy. Add milk, vanilla, and sifted dry ingredients. Mix well.



Make cookies by forming dough into small balls. Place them on a greased cookie sheet and flatten with the patterned end of a hammer-type meat tenderizer.

Bake at 300 degrees about 25 minutes until golden brown; check cookies so they don't burn.

Audrey Moore

Pork and Sauerkraut

8 pork chops or an equivalent amount of ribs

l large jar old fashioned sauerkraut

l medium grated raw potato

1 large onion, chopped

l garlic, minced

3 tablespoons brown sugar

1 - 2 tablespoons caraway seed 1/2 cup water



Wipe meat with wet paper towel. Salt and pepper meat and dredge in flour. Brown meat and set aside.



Drain and wash sauerkraut twice with water. Then combine it with the potato, onion, garlic, sugar, caraway seed, and water.



Put sauerkraut into a 2 quart
Pyrex baking dish. Flace the
pork on top. Cover loosely with
foil. Add more water while baking
if necessary. Bake at approximately
350 degrees for 1 1/2 hours.
Serves 6.

Audrey Moore



- 2 Cups Maypo
- 2 Cups Rolled wheat
- 4 Cups Roman meal
- 1 Cup Farina
- 1 Cup Corn meal
- 1 Cup Branola 7 grain cereal
- 13 Cup Soy grits or granules
- Cup Wheat germ
- Cup Barley grits
 - Cup Bulgar wheat or cracked wheat

mix ingredients together

One Serving

Cup Water

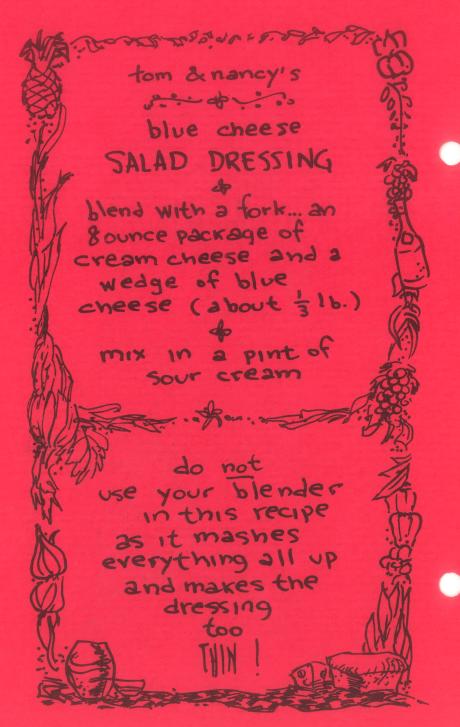
1 Scoop cereal

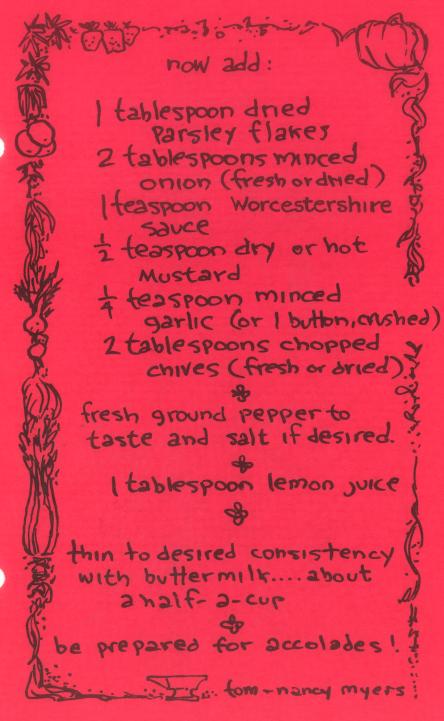
Teaspoon salt

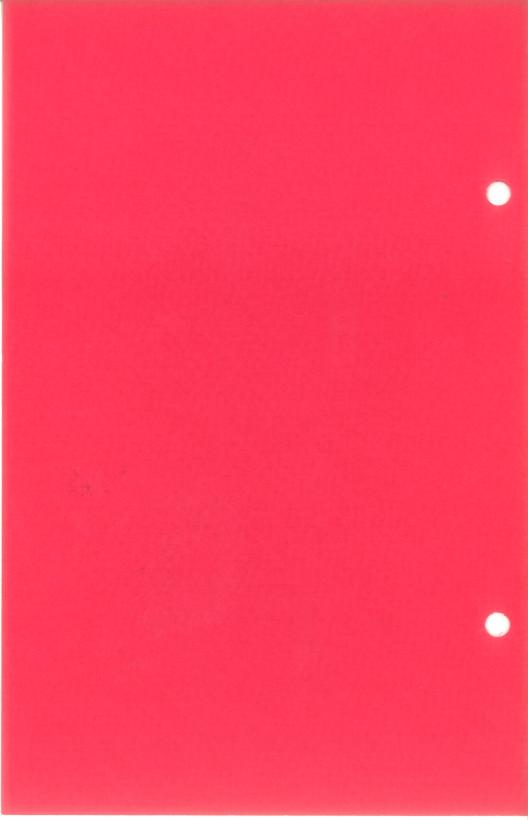
Cook over direct heat, stirring Or use double boiler

Add fresh fruit, bananas, raisins, prunes etc., cream or milk and eat











Rhubarb Apple Crisp

YOU NEED :



2 COOKING APPLES

1 LB. RHUBARB, SLICED (APPROXIMATELY 3 CUPS)

- 1 egg, 3/4 cup sugar, 2 tablespoons flour
- 2 CUP BUTTER OR MARGARINE, 34 CUP FLOUR, 34 CUP OATMEAL, 1 CUP BROWN SUGAR, 1/2 TEASPOON CINNAMON

WWWWWWWWWW

EEL AND SLICE APPLES & RHUBARB.

MIX WELL WITH NO. AND PUT MIXTURE
IN A GREASED 7×10" PAN. BLEND NO. AND PUT ON TOP. BAKE AT 350° F. FOR 40
TO 50 MINUTES. TEST WITH A FORK TO SEE
IF THE APPLES AND RHUBARB ARE DONE.

OLTMAN TOYMAKERS

CHILL RELLENDS POPOCATAPETL



FOR SIX SERVINGS, RINSE AND SPLIT PROM TOP TO BOTTOM EACH CHILLI PROM 2-702. CANS ORTEGA GREEN CHILIS. REMOVE SEEDS AND VEINS PROM CHLIS UNLESS YOU AND YOUR FRIENDS PREFER ANTHENTIL HOT MEXICAN RELIENOS. PAT EACH CHILL DRY WITH PAPER TOWELS. SLICE ENOUGH 1/2" X 1/2" STRIPS OF MONTEREY JACK CHEESE FROM A ONE POUND BLOCK, TO FILL THE CHILIS; ONE TO ONE AND ONE HALF STRIPS PER CHU BEPENDING ON OHILI'S SIZE. EACH CHILI SHOULD FIT SHUGLY AROUND ITS CHEESE STRIP, OR STRIPS, WITH SIDES OVER-LAPPING "/9" TO "/2". ALLOW STUFFED CHILL'S TO REST WHILE YOU PREPARE THEIR BATTER.

BEAT 3 EGG WHITES STIFF, AND
3 EGG YOLKS MA A SEPARATE BOWL.

QVICKLY BLEND YOLKS INTO WHITES
WITH 3 OR 9 STROKES — THEN SIFT

1/3 CUP OF FLOUR WITH 1/2 TEP. SALT

OVER EGG MIXTURE AND BLEND

LIGHTLY. HEAT 11/2 OF COOKING OIL

IN PRYING PAN AT MEDIUM HIGH

HEAT, (ELECTRIC FRY PANS ARE

GREAT FOR THIS) WHEN OIL IS

HOT CARE PULLY LAY A STUFFED

OHILI IN THE BATTER, THOROUGHLY

COATING THE ENTIRE CHILI BY

SPOONING BATTER OVER THE

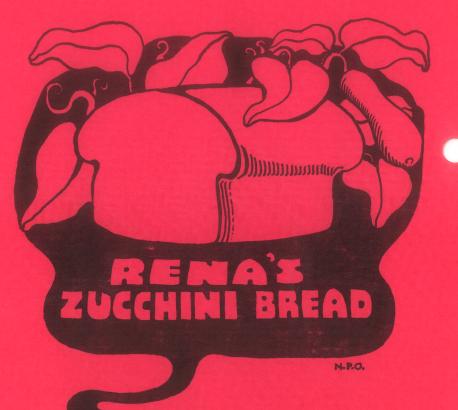
CHILL, THEN CAREFULLY LAY THE CHOLING THE HOT OIL, AVOIDING REMOVAL OF AMY OF THE BATTER, AND FRY VATIL GOLDEN BROWN ON BOTH SIDES — TURNING WITH A SPATULA. WORKING QVICKLY, 4 TO 5 CHILIS LAN BE DONE IN THE PAN AT ONCE.

REMOVE CHILIS TO A CASSEROLE LAPINE EMOVGH TO HOLD THEM ALL IN ONE LAYER. NOW, COMBINE 1-1302. CAN OF WHOLE TOMATOES WITH I CLOVE CRUSHED GARLIC, SEVERAL DASHES CUMIME OREGANIO, I DASH CAYLENINE, PINCH CILANTRO AND SALT TO TASTE, IN A BOWL. CRUSH TOMATOES, AND THEN POUR THIS MIXTURE OVER CHILI'S. GRATE REMAINING VAIR CHEESE PLUS A BIT OF SHAPP CHEDDAR AND SPRINKLE OVER THE TOP OF THE CHILI'S. BAKE IN A °250 DVEN, COVERED, FOR PMINS.

WHEN READY TO SERVE, POSITION

CASSELOLE ON TABLE, WITH SMALL
BOWLS OF SOUR CREAM AND LIME
WEDGES TO PASS. POUR. 2. 02. TEQUILA

(OR, YODKA WORKS FINE) OVER CHILLS AND
IGNITE. MARGARITA'S BEFORE DININER
ENLIANCE THE DRAMA OF THIS
CULINARY EVENT! A POLLOP OF
SOUR CREAM AND A SQUEEZE OF
LIME IS THE FINAL-TOUCH. TOSSED
GREEN SALAD WITH MARINATED
ARTICHOKE HEARTS AND AVARADO
SHIES ARE A PERFECT COMPLIMENT
TO THE OMILIS. GAM. O'NEM.



HORTLY AFTER I MOVED TO
PORTLAND, MY NEIGHBOR,
THE SPRYEST LITTLE OLD LADY I EVER
MET, GREETED ME WITH MY FIRST LOAF
OF ZUCCHINI BREAD. IN THE LAST FIVE
YEARS I HAVE TASTED MANY GOOD
VARIATIONS, BUT THIS ONE REMAINS MY
FAVORITE.



3 EGGS

1 CUP OIL

2 CUPS SUGAR
(2 CUPS HONEY)
2 CUPS GRATED

2 CUPS GRATED &
PEELED ZUCCHINI
3 TEASPOONS VANILLA

3 CUPS FLOUR

1 TSP. SALT

1 TSP. BAKING SODA

3 TSP. CINNAMON

4 TSP. BAKING POWDER

OPTIONAL - NUTS,

BEAT EGGS TIL LIGHT AND FLUFFY.

ADD SUGAR, VANILLA, AND OIL ~ BLEND

WELL. STIR IN GRATED ZUCCHINI. IN

SEPARATE BOWL STIR TOGETHER FLOUR,

BAKING POWDER, SALT, SODA, AND

CINNAMON. BLEND WITH CREAMED

MIXTURE. FOLD IN NUTS. BAKE IN

GREASED 9"x 5" LOAF PANS AT 350°

FOR 1 HOUR OR UNTIL DONE.

Sara Potkin

"JOHNAY ROZETTI"

1/2 lb. GROUND LEFT-OVER ROAST
BEEF OF VERISON
1/4 CUP CHOPPED GREEN PEPPER
1 SMALL CHOPPED ONION
1 CAN TOMATO SOUP
1/2 lb. Noodles

BROWN MEAT, ONION AND PEPPER.

BOIL NOODLES IN SALTED WATER.

DAAIN.

PUT IN BUTTERED CASSEROLE WITH MEAT AND ADD MUSHROOMS.
POUR SOUP OVER THE TOP P"D

BAKE 34 HR. AT 350°

OR: SUBSTITUTE

LEFT-OYER TURKEY, CHICKEN, PORK OR YEAL ROAST HEATED IN BUFFER WITH

CREAM OF CHICKEN SOUP

OR: PERHAPS

TUMA, SALMON

HARD- COOKED CHOPPED COGS

INSTEAD OF PEPPER PND

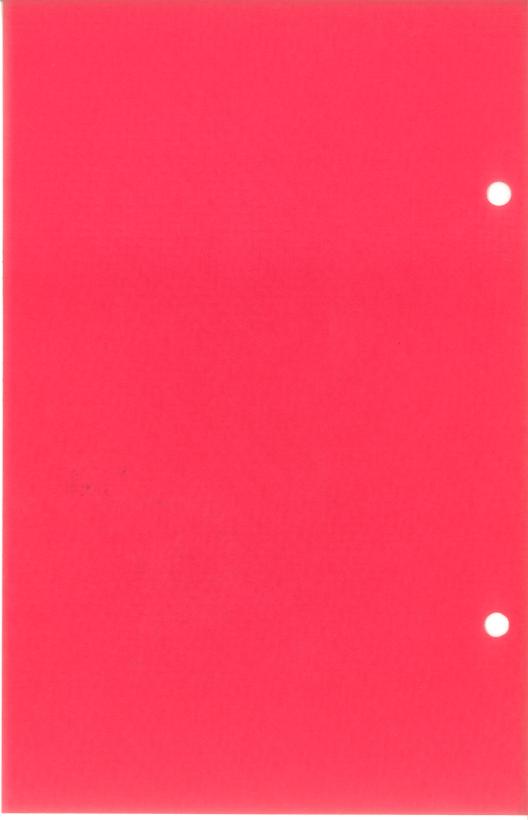
1/2 ONION

OR: MAYBE CHOPPED HAM

1/3 CUP RAISINS - NO PEPPER
1/3 CUP PEAS - 1/2 T. ONION
WITH

CREAM of CELERY SOUP
AND
SPRINKLE PARMESAN CHEESE
ON TOP

64 Betty Robbitt

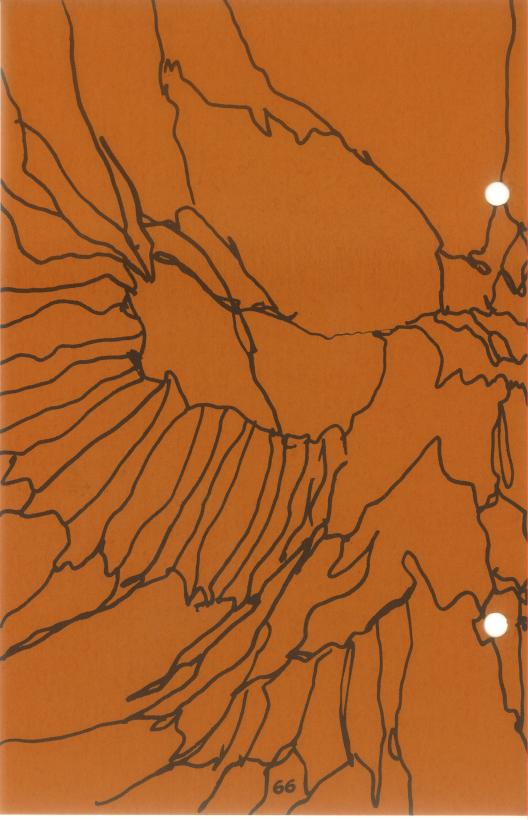




RRANGE DRIED BEEF IN SHALLOW CASSEROLE
LARGE ENOUGH TO HOLD CHICKEN IN ONE LAYER. WRAP
A STRIP OF BACON AROUND EACH BREAST HALF; ARRANGE
OVER BEEF.

SAUTE MUSHROOMS IN BUTTER AND SPREAD OVER CHICKEN. COMBINE SOUP AND SHERRY; POUR OVER CHICKEN. COVER CASSEROLE WITH ALUMINUM FOIL OR LID AND BAKE AT 300° FOR 2 HOURS. UNCOVER; INCREASE HEAT TO 350° AND BAKE 20 MINUTES MORE, BASTING TWICE. YIELDS 6 SERVINGS.

ADD NO SEASONING EXCEPT BLACK PEPPER EVER SO SIMPLE MEAL WITH RICE AND A NICE SALAD.



tigh Protein residant in a blender of lang graguet * Ibanana A logg yolk of IT.y coopressed Softownoil W 13 cup y skim 4 63. can y fregen 0.5. It if cup of wheat germ of add Zoup & Kip Roledson/Stained Glasscrafting HAWY, FDARO

SPINACH PATTY

HERE'S A QUICK VEGETABLE DISH WITH A PROTEIN BONUS.

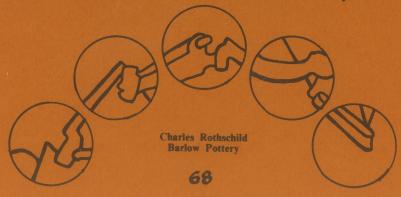
1 BUNCH SPINACH, WASHED

2 EGGS

1/2 STANDARD CUBE TOFU

1/2 CUP GRATED CHEESE, OPTIONAL

WILT SPINACH IN 1 TBLS. OIL. A WOK WORKS WELL. MEAN-WHILE, HEAT ANOTHER TBLS. OIL IN A 9" STEEL FRYING PAN OVER MEDIUM HEAT, MIX EGGS, TOFU AND CHEESE WELL. BY NOW YOUR SPINACH WILL BE WILTED. PRESS OUT JUICE INTO A MUG AND DRINK IT. THEN ADD PRESSED SPINACH TO BEATEN MIX AND STIR. POUR THIS INTO THE FRY PAN, WHICH SHOULD BE HOT BY NOW (BUT NOT SO HOT TO BURN). SPREAD OUT EVENLY AND REDUCE HEAT TO MEDIUM/ LOW. COOK FOR ABOUT 10 MINUTES OR UNTIL EGG IS STARTING TO SOLIDIFY, THEN PLACE IT UNDER THE BROILER UNTIL THE PATTY IS FIRM AND PARTIALLY BROWNED. CARE SHOULD BE TAKEN WHEN REMOVING PAN FROM BROILER. I ALWAYS USE 2 POT HOLDERS AS THE HANDLE GETS REAL HOT. SOY SAUCE (WE LIKE TAMARI) SPRINKLED ON AT THE TABLE IS NEARLY A MUST AS WE HAVE NOT USED SALT IN THE COOKING. SERVES 4 OR HALF IS ALWAYS GOOD THE NEXT DAY, COLD EVEN.



SHRIMP OR CRAB RICH, CALORIC AND DELICIOUS

DISSOLVE (1) ONE ENVELOPE OF UNFLAVORED GELATIN IN

(3) THREE T. HOT WATER

ADD (1) ONE CAN WARMED UNDILLITED CREAM OF

UNDILUTED CREAM OF MUSHROOM SOUP

BEAT IN (6) SIX OZ. PHILADELPHA CREAM CHEESE AND (1) ONE CUP MAYONNAISE

ADD:

(1) ONE MEDIUM ONION, CHOPPED

(1) ONE CUP CELERY , DICED

(1) ONE CUP (6/2 02 CAN)
CRAB OR SHRIMP

POUR INTO A RING MOLD CHILL SEVERAL HOURS REMOVE FROM MOLD AND GARNISH WITH GREEUS, SLICED BLACK OLIVES AND SPRINKLE FLECKS OF DILL WEED

SERVES MANY IF PEOPLE ARE DIET MINDED — FEW IF DEOPLE ARE GREEDY!

KEN SHORES

MUSSELBURG PIE

CONNIE SPURLOCK

I pound lean round steak
I dozen oysters
'4 cup butter
Flour
I cup beef stock (or one bouillon cube & I cup water)
Pastry for I-crust 10"pie **

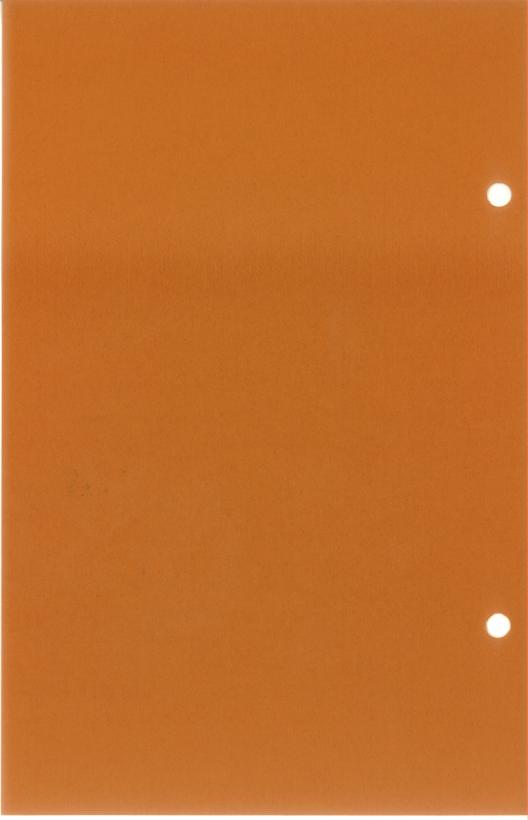
Milk

Cut off any fat from steak and cut meat into 24 thin diagonal strips. Cut oysters in half, roll each half oyster, plus ½ tsp. butter, in a strip of beef.

Dredge each roll generously with flour; then pack tightly in a 10"pie pan. Pour stock over steak rolls. Cover with pastry. (Make hole in center for steam)

Brush pastry with milk. Bake in hot oven 425° for 15 min., then at 350° F for about 1 hour.

3/4 C. flour 1/2 t. cal 1 C mulp 1 c. chees Blend egg, /2 c. mil then still in /2c. add remains milk. Valse 30 mins. put /2 c. cheese on top of crust, for the last 2 mins



Break your Fast with Buttermilk Pancakes

1 cup unsifted flour
% t. salt
1 t. baking powder
1 t. soda
1 T. sugar
3 T. melted fat
3 eggs separated
2 cups buttermilk
Mix dry ingredients.
Add egg yolks and buttermilk. Mix well. Fold in
well beaten egg whites.
Bake on greased griddle.

Mildred Susbauer

Chocolate Rum Cake de la abuela de Alberto Garcia-Dobles (Costa Rica)

Preheat oven to 350°; butter a bundt & sprinkle with flour.

; lb. butter 14 c. milk 12 C. Sugar 1 T. Varilla 5 eggs (whole) 2½ c. flour 2 heaping t. baking soda 3 heaping serving spoons cocoa. (about 3/4 cup) 1至 02. rum

1) Beat butter, gradually adding sugar.

2) Add eggs & Continue beating 3) Add milk & vanilla, beating

4) Sift together flour and baking Soda; mix in Cocoa.

5) Gradually add dry ingredients to batter while beating & Continue to beat for about 5 min.

6) Add rum.

T) Spoon batter into mold.

8) Bake at 350° for 40 nun.

to 75 min. Time may vary.

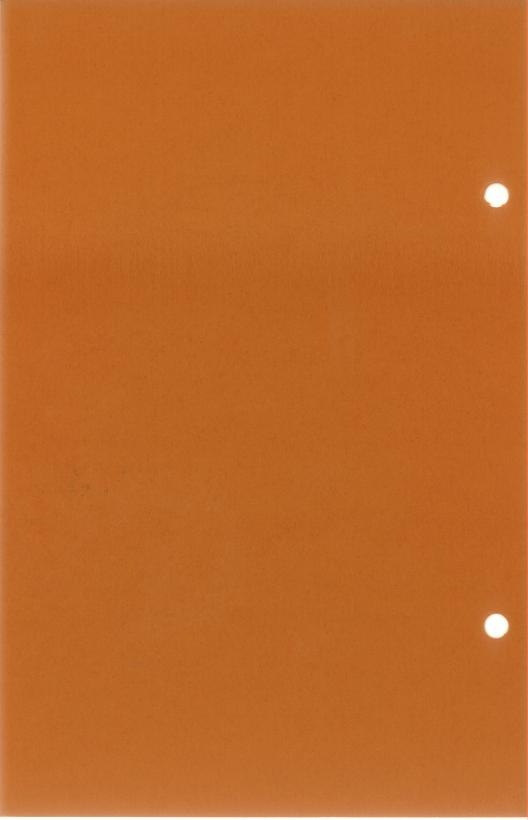
Test with a toothpick in

the Center to make certain

Cake is done.

9) Enjoy.

Alice Van Leunen



summer spachetti

1 cup chopped whints
1 cup chopped black olives
1 cup chopped mushvooms
1/2-1 cup chopped canned
pinnientos

1 cup tomato sauce 2 tablespoons minced parsley 1 teaspoon basil

Combine all incredients and let stand a comple of hours before serving over spagnetti noodles. Sprinkle with froshly grated parmeran cheese.

John Whitchood

siyer beer

3-4 aunces fresh singer 1 lemon (optional)

2 pounds sugar 1/2 teaspoon yeast - either

baking or lager - NOT brewer's yeast.

Cut the singer and lemon into 48 inch stices. Boil about a sallon of water. Turn off the heat, add the singer and lemon, and cover immediately. Let this infusion steep until it cods off.

Sprinkle the yeast and little warm water and let it sit while

you strain the infusion and dissolve the super in it. Add worm nater to make 2% fallows of lukerosom mixture. If you sterted with a sallon, you will need to 200 about 5 % quants. Add the yeast, mix well, and bottle - either with a bottle capper or screw on caps. PLEASE use only bottles intended for carbonated beverages. Put the filled bottles in a warm place for about 24 hours. Then keep refrigereted until Used.

John Whitehood



Burned Hardboiled Eggs

6 fresh eggs

In a sauce pan place. 1/2 dozen good farm fresh eggs. Cover the eggs with water and cover the pan. Put on highest heat and leave the room. Find something interesting to do, i.e. 3 consecutive T.V. programs. Forget the eggs; get totally involved in what you have chosen to do. Within 1/2 hours the house will fill with an obnoxious smell. There will be a popping noise coming from the kitchen. This means all the water has evaporated from the pan and your 6 eggs should be exploding. Your 6 burned hard boiled eggs are done. Remove from heat. Serve either hot or cold. Garnish is recommended.

Presure recipe from the <u>Burned and Dried Out Cookbook</u>, by Lynn Williams and Pannie Demo-Rybus, a compilation of esoteric cookery adventures.

LAST MINUTE GARLIC DRESSING

- 1 Tablespoon. tach... parmesan or romano chuese, honey, molasses, poppy seeds
- · I teaspoon oregano OR summer sourcy OR basil, AND Lemon juice.
- · 2 or 3 cloves garlic, crushed
- · 3/3 cup safflower or olive oil
- 1/3 cup wine vinegar

 Shake well in a jan and serve.

YARY THESE RECIPES BY ADDING DICED CUCUMBER, PEPPER, OR SESAME SEEDS.

OR SUBSTITUTE A
THYORTE HERB OR
SPICE, LIKE PILLOR
MUSTARD.

YUMMY YOGURT DRESSING

Find yourself a large bowl. Put into it:

• one small onion, chopped fine (purple is good)

· small handful bleu cheese, crumbled

· I teaspoon each ... basil, cayenne, salt

• 14 cup each... lemon juice, honey, jelly or jam.

· 2 or 3 cloves crushed garlic

· a quart plain upgurt

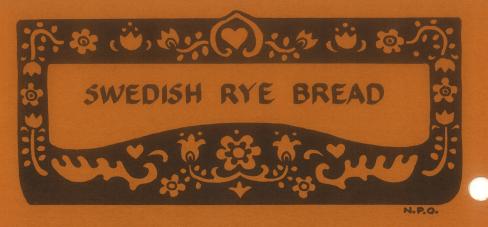
• I cup safflower or olive oil

· /2 cub wine vinegar

Beat it well. herve over greens and veggies.



N WILLIAMS . LITTLE THORN CREEK STI



MIXTURE 1 2 PACKAGES YEAST 4 CUP WARM WATER

MIXTURE SIFT 1½ CUP RYE FLOUR
½ CUP SUGAR
1½ TEASPOONS SALT
ADD 2 CUPS BOILING WATER
3 TABLESPOONS BUTTER
COOL THIS MIXTURE.

COMBINE TWO MIXTURES AND ADD 2 TABLE-SPOONS CARAWAY SEEDS, MIX INTO BATTER 5½ CUPS SIFTED WHITE FLOUR, KNEAD FOR 10 MINUTES. LET RISE UNTIL DOUBLED IN BULK. SHAPE INTO 3 LOAVES. LET RISE A SECOND TIME, BAKE FOR 50 MINUTES IN 375° OVEN. LOAVES MAY BE BRUSHED WITH EGG WHITE AND WATER MIXTURE IF YOU WISH A GLAZE.

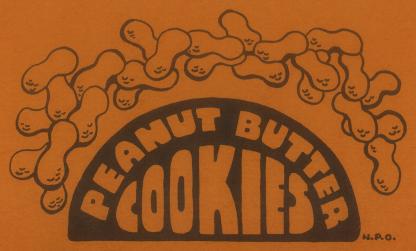
JEANNE WRIGHT

CLESS COLOS NA.

1 lb. sharp cheddar cheese
1 small green pepper
1 small can pimento
1 box lemon jello
1 teaspoon salt
Dash of red pepper

Dissolve jello in 1 cup boiling water. Add to grated cheese. Beat until cheese is smooth. Add finely chopped green pepper, and chopped pimento, salt, and pepper. Pour into greased individual molds and place in refrigerator until chilled.

JEANNE WRIGHT



- 1 CUP PEANUT BUTTER
- 1 CUP SUGAR
- 1 EGG

MIX ALL TOGETHER. ROLL IN 34 INCH BALLS. PRESS DOWN WITH FORK . BAKE AT 350° FOR 9 MINUTES. DO NOT OVER-COOK. COOL ON PAN.

IT IS CORRECT THAT THERE
IS NO FLOUR IN THIS RECIPE.
MAKES 4 DOZEN.

JEANNE WRIGHT



DELUXE CHOCOLATE CAKE

2 CUPS ALL-PURPOSE FLOUR

2 CUPS SUGAR

1 TEASPOON BAKING SODA

1/2 TEASPOON SALT

2 EGGS

1/2 CUP SOUR CREAM

1 CUP (2 STICKS) MARGARINE

1 CUP WATER

4 TABLESPOONS COCOA

SIFT TOGETHER DRY INGREDIENTS INTO A LARGE BOWL.

COMBINE EGGS AND SOUR CREAM AND MIX WELL.

COMBINE EGG MIXTURE WITH FLOUR MIXTURE. PUT MARGARINE,
WATER AND COCOA IN SAUCE PAN AND MELT TOGETHER
UNTIL BLENDED. ADD TO FLOUR AND EGG MIXTURE.

CREAM WELL AND POUR INTO A GREASED 9 x 13" PAN.
BAKE AT 350° FOR 20 TO 25 MINUTES.

TOPPING

1/2 CUP (I STICK) MARGARINE

6 TABLESPOONS MILK

4 TABLESPOONS COCOA

1 LB. POWDERED SUGAR

1 TEASPOON VANILLA

1 CUP FINELY CHOPPED NUTS

PUT MARGARINE, MILK, AND COCOA IN A SAUCE PAN, BRING TO A BOIL UNTIL BLENDED. ADD SUGAR AND VANILLA. CREAM WELL. ADD 1/2 CUP CHOPPED NUTS. PUT ON PARTIALLY COOLED CAKE TOP WITH REMAINING 1/2 CUP CHOPPED NUTS. (ALLOW AT LEAST 15 MINUTES TO COOL.)



WELSH COOKIES

sift together in a bowl

11A cups Sugar

2 tsp. Baking Powder

1 tsp. Salt

1 tsp. Nutmeg

1/2 cup Butter (Oleo)

1/2 cup Shortening

Work in shortening as

in pie crust. It is easier to use your hands. Add lcup Currants - then add 2 eggs beaten with 1/3 cup milk. Don't use Too MUCH MILK.

from Wales in 1921

ROLL ON FLOURED BOARD-CUT
WITH A GLASS ~ BAKE ON
GRIDDLE ON TOP OF STOVE
AT 350.

Thanks to my neighbor Marie Hadley for letting me taste these delicious cookies.

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